



October 2013

Neighbors Helping Neighbors...

Inside this issue:

Faces of Ashland CERT	1
Faces of CERT ~ cont.	2
October 17 ~ 10:17 am	3
Training Calendar	4

Next Meeting Dates:

General Meeting:
 October 9, Fire Station 1.
 Medical Operations Review.
 Meeting starts at 6:30 with
 doors open at 6:00 PM.

Leadership Meeting:
 October 23, Fire Station 1.
 Meeting starts at 6:30 with
 doors open at 6:00 PM.



Faces of Ashland CERT

Ashland is a major hub for diversity and those seeking a slightly urban, sophisticated lifestyle in a rural mountain town setting of southern Oregon. As mentioned in previous newsletters community members are typically here by choice because it's a rarity that folks are transferred or transplanted from outside the area via employment and the like.

As with all volunteer organizations the culture of the organization's volunteers sets a precedence in the community as a profile or guidance for others who may be interested in volunteerism with that organization. We are in our tenth month of the "Faces of Ashland CERT" campaign to highlight membership and bring in new interests and I would say it has been a huge success.

The upcoming training set to begin Thursday, October 3 will consist of one of our largest participant trainee sessions ever. This month CERT would like to highlight someone who holds the organization together promoting and articulating the importance of well trained, well informed volunteers. He was recently highlighted at the Ashland Is Ready event as "Mr. CERT" for good cause. He has been one of several long time instructors, supporters, and enthusiasts of the CERT program.

Let's get to know CERT instructor, **Shannon Turner; age 49 ...**

Tell us a little bit about yourself...

I grew up in Ashland until age four. My grandparents owned the land where Albertsons is currently. It was our family ranch. My grandfather technically owned the property, but he was retired and traveled often so my parents stayed in the home, but we had a house fire when I was four and lost everything including my cat.



After the fire we moved to a ranch in Eagle Point where my parents still live. After high school I joined the US Navy as a Speck-Warfare diver on submarines. After my experience with the Navy I became a paramedic. I have worked for Phoenix Fire (now District 5), Mercy Flights and American Medical Response (AMR) out of Grants Pass. I am currently with Ashland Fire & Rescue.

Faces of CERT continued...

Hobbies, interests, favorite movie, food, etc? :

The most significant hobby is biking. I am a member of Wind & Fire Motorcycle Club, an International Club of Harley owning firefighters, and our local chapter is State of Jefferson. I enjoy riding my Harley whenever possible. I also just got married in May. I married a long time friend and beautiful woman Serena. She and I just returned from a bike rally in Reno.

My favorite movie...tough choice; I would say it's a tossup between one of two, *The Sandlot* and *The Boondock Saints*; both are far extremes of the other, but favorites of mine. My favorite food is any and all Mexican food.

How long have you been with Ashland Fire & Rescue? :

I've been with AF&R since 2006.

What attracted you to firefighting? :

Interestingly, growing up I loved adrenaline. I rode in the rodeo, raced motocross, and joined the Navy Special Forces. Everything I did was for adrenaline. But during my time in the military I came to the realization that I needed to do something that gives me a good feeling and gives me an opportunity to help people. I found that being a paramedic and firefighting gave me that rewarding feeling. And it's not just the surface stuff it's the small things that make me feel good.

I once went on a call for a little girl who busted her head; she and her mother were in complete hysteria when we arrived due to the amount of blood loss. The cut was actually minor, but they focused on the blood. Part of my job became calming the mother to in turn calm the patient and get her bandaged up. I remember giving her a doll (we often carry little gifts to help young patients smile and feel better) and seeing her face light up. I'd say it's moments like that which make me proud to do the work I'm doing.

What are your goals for the future? :

Currently I am pursuing Excelsior, a nursing program, to gain my RN. I am interested in becoming a traveling RN, or flight nurse, in the future.

How did you first learn about Ashland CERT (had you had exposure to CERT prior to Ashland)? :

When hired in 2006 I was required to take the CERT training class. It was then I realized the impact of the CERT training. I felt strongly about the exposure to the community and the citizens. The training experience made me a believer of the citizens and thus I believe in the CERT program.

What did you like best about instructing the basic training? :

I like the interaction with the citizens in the community. Again I am a huge believer in the program because not every position in CERT is for everyone, but there is something in CERT for everyone. I had an experience in CERT that gave me remarkable respect for the potential it brings out of the participants. I don't want to get personal, but there was a volunteer who I doubted and in many ways this volunteer could not perform many duties of an average CERT volunteer, but when I had an opportunity to see this volunteer at work in a command post situation and watch how dialed in they were with respect to the job duty I was blown away.

Why did you choose to be a CERT instructor? :

Because it's a program that I truly believe in. I have seen other places in the Country that have needed to activate CERT during instances and witnessed what an asset CERT is to have. CERT is an invaluable resource available to communities who choose to support the program.

What do you find most interesting about Ashland CERT? :

The diverse group of volunteers and the motivation that they show. I am a big believer of the CERT program because it really is a program that helps others and the volunteers truly care about helping others.

What other programs with the Department or Ashland community do you support? :

I am a member of the Ashland Firefighter Association. I was a CPR instructor and I am looking into getting back into instructing CPR as well.

Do you have any suggestions for CERT trained individuals or groups? :

My suggestion is really the same reason I became a fire responder, a paramedic, got my intermediate, and the same reason I'm hoping to get my RN or nursing license and that is the more training you can have the better you can help others. I believe in continued training and continually learning to be better at how I can help people.

What about words of wisdom for those pondering taking advantage of the training or those seeking other medical experience / training in the medical or fire fields?

Whether you're a career firefighter or a paramedic or a CERT volunteer you are truly making a difference in peoples' lives, so in a small way you are changing the world.

Anything else you would like to add? :

I believe in the CERT program and feel that Ashland has one of the most organized programs that I have ever been part of. CERT training is such an educational opportunity for community members to learn things that are good, bad, and different, but they are things about their community and they also learn so much about themselves. I have to just say again the adrenaline and good cause or doing good for others that makes you feel good means you are making a difference.

Thank you Shannon for such powerful and motivational statements. Ashland CERT is very lucky to have Shannon on our team. If you have not met Shannon please do not be shy; feel free to approach him and say hello. He is always open to answering questions and sharing some personal experience to help out. Shannon has taught both CERT basic and advanced trainings over the years in every capacity. He will be the sole instructor for the fall 2013 basic training.

Thank you Shannon for all that you do!

October 17 ~ 10:17 am

It's that time of the year again! The Great Oregon ShakeOut is just around the corner. October 17, 2013 marks the annual drill of "Drop, Cover, and Hold On" practice. Earthquake preparedness is real and a serious risk for those living along the Cascadian Fault. The Cascadia Subduction Zone runs 600 miles from about Eureka, California to the north end of Vancouver Island. The North American tectonic plate, on which the Rogue Valley rests, is moving southwesterly a couple of inches a year, overriding oceanic plates and building up tension.

According to Althea Rizzo, geology hazard coordinator for Oregon Emergency Management, there is a 37% chance the *Big One* will happen in the next 50 years. In a presentation recently in Medford, Rizzo stated that partial quakes happen on an average of every 240 years along the fault. The last quake was in 1700, so it's been 213 years. Quakes of the entire length of the zone occur every 500 to 600 years. The larger quakes are expected to be 9.0 or more on the Richter scale — tremendously devastating.

Rizzo urged several hundred local residents who attended her presentation to spread the "preparedness" word to family and friends to take a first-aid class and Community Emergency Response Team training and store supplies

and get to know your neighbors and people who have training and tools.

There is something everyone can do to begin to be better prepared for when the Big One and it's free! Register for the Great Oregon ShakeOut of 2013. Last year more than 160,000 Oregonians participated and 110,000 are currently registered to participate again this year. Registration is easy; visit www.shakeout.org/oregon. When you are register you are making a commitment to practice "Drop, Cover, and Hold On" on Thursday, October 17.

Practice makes perfect; coaches have used that phrase for decades for a good reason: it's true! The ShakeOut is not something you need to leave work to participate in—in fact, participating at work is encouraged. You could complete a drill as an entire business and get other employees involved. If you have small children encourage their school teacher to sign-up and complete a drill if they have not already.

The main goal of the ShakeOut is to get Oregonians prepared for major earthquakes, so use the ShakeOut as an opportunity to learn what to do before, during, and after an earthquake.

CERT 2013 Calendar of Events

January 2013	February 2013	March 2013
General Meeting January 9 <i>(Pacific Power Safety)</i> MRE and Emergency Food Tasting Saturday, January 12 (12PM-2PM) Leadership Meeting January 23	General Meeting February 13 <i>(Weather Conditions)</i> Leadership Meeting February 27 MYN Night - February 26	General Meeting March 13 <i>(Swiftwater Awareness)</i> MYN Night – March 12 Base Inventory – March 16 Leadership Meeting March 27
April 2013	May 2013	June 2013
General Meeting April 10 <i>(JC SAR)</i> Leadership Meeting April 25 <i>(Final Prep for Basic Training)</i> Spring Basic Training April 11-13 & 18-20	Basic Graduation - General Meeting May 8 Leadership Meeting May 22 (Basic Training AAR & 4th of July Planning) Annual Phone Tree Test - May 18 Base Bike Ride – May 19 (9AM-1PM)	Refresher Training—June 1 General Meeting June 12 <i>(Radio Comm.)</i> Leadership Meeting Jun 26 <i>(Parade Support)</i> Firefighter Rehab Mission Training June 22 (9AM-4PM) Solar Storm Formidable Footprint June 29
July 2013	August 2013	September 2013
General Meeting July 10 <i>(START Triage)</i> Base Painting Party – July 13 (8AM-11AM) Leadership Meeting July 24 Tracking Resources & Opening Bases—June 26-27	General Meeting August 14 <i>(Medical Operations Review)</i> Leadership Meeting August 28 <i>(Basic Planning)</i> Advanced Training – August 24	National Preparedness Month General Meeting September 11 CPR Saturday September 21 Leadership Meeting September 25
October 2013	November 2013	December 2013
Fall Basic Training—October 3-5 & 10-12 General Meeting October 9 Leadership Meeting October 23	Refresher Training – November 9 General Meeting Nov 13 <i>(Basic Graduation)</i> Leadership Meeting November 20 <i>(Annual Training Planning Session)</i>	CERT Year in Review December 11, 6:30 to 8:00 PM No Meetings Holiday Season Training Stand Down

Note: General meetings are open to the public. Doors open at 6pm. Meetings are from 6:30pm-8pm at Fire Station 1.

Ashland CERT
 455 Siskiyou Boulevard
 Ashland, OR 97520

TO: